

Retreat Overview

Zen Master Thich Nhat Hanh has said that “each thought, each action in the sunlight of awareness, becomes sacred.” In any moment, we can take refuge in this awareness. This retreat will explore how to be more aware and awake in each moment - revealing the love and awareness that is our true nature.



Smiling Dandelion Sangha
c/o Jenny Straight
1517 Driftwood Way
Menasha, WI 54952



Awakening Self-Awareness

A Meditation Retreat with Cheri Maples

Fri., May 18 – Sun., May 20, 2012
Monte Alverno Retreat and
Spirituality Center, Appleton, WI

Sponsored by:



Appleton, Wisconsin

Cheri Maples, Instructor

Cheri Maples is a meditation teacher, keynote speaker, and organizational consultant & trainer. In 2008 she was ordained a dharma teacher by Zen Master Thich Nhat Hanh, her long-time spiritual teacher. She teaches Mindfulness and leads retreats throughout the country. Cheri holds a J.D. and an M.S.S.W. and is a licensed attorney and licensed clinical social worker in the state of WI, and is co-founder of the Center for Mindfulness & Justice.



DANA means "generosity" and is the tradition of making financial donations to those offering these teachings. Considered priceless, these teachings have been given freely since the time of the Buddha. The registration fee covers only room, board, and administrative overhead - none of the retreat fee goes to the teacher. Her ability to continue offering these retreats depends solely on donations from retreat participants. There will be an opportunity to offer dana at the retreat.

Friday, May 18, 7:00pm ~ 9:30pm
Saturday, May 19, 8:00am ~ 9:00pm
Sunday, May 20, 8:00am ~ 2:00pm

This silent retreat offers 30-45 minute periods of sitting and walking meditation, movement, supportive group discussions and meditation instruction. A detailed schedule will be available upon arrival.

Location Monte Alverno Retreat and Spirituality Center
1000 N. Ballard Rd.
Appleton, WI 54911
(920)733-8526

Accommodations 56 Single rooms
All linens provided
All meals vegetarian

Cost On-Campus \$155
Off-Campus \$80
(Includes retreat and meals, but no lodging)

Registration is by U.S. mail only. Confirmation will be provided by email along with additional retreat information. If registration becomes full, you will be placed on a waiting list. If we are unable to place you from the waiting list, you will receive a full refund.

Please register as soon as possible. All cancellations are subject to a non-refundable \$25 fee; cancellations on or before May 14, 2012 will be refunded the retreat fee, less \$25. Refunds will not be given for cancellations received after May 14, 2012

Registration Form

Please print clearly

To register: Make checks payable to Monte Alverno and send to the address below.

Fees: On-campus \$155, Off-campus \$80

Name _____

Address _____

City _____

State _____ Zip _____

Phone _____

E-mail _____

(You will receive an e-mail confirmation)

Enclosed is an additional \$ _____ for a scholarship fund to help those needing financial assistance

Total amount enclosed _____

Do you have any special needs or dietary restrictions we should know about?

Smiling Dandelion Sangha

c/o Jenny Straight

1517 Driftwood Way

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Phone: (920)729-4981 or (920)915-7837

E-mail: smilingdandelion@gmail.com